

**Full Report (All Nutrients) 45164798, ABSOLUTELY, GLUTEN FREE CLASSIC COCONUT MACAROONS, TOASTED COCONUT, UPC: 073490180286**

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**Report Date: April 27, 2017 23:03 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Royal Wine Corporation

Nutrient	Unit	Data points	Std. Error	2.0 MACAROONS 28g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	150	536
Protein	g	--	--	2.00	7.14
Total lipid (fat)	g	--	--	7.00	25.00
Carbohydrate, by difference	g	--	--	19.00	67.86
Fiber, total dietary	g	--	--	2.0	7.1
Sugars, total	g	--	--	15.00	53.57
<b>Minerals</b>					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.36	1.29
Sodium, Na	mg	--	--	20	71
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	6.000	21.430
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**

**Other**

**Ingredients**

UNSWEETENED SULFITE FREE COCONUT, INVERT SUGAR, TAPIOCA, EGG WHITES. *Date Available:* 09/28/2016 *Date Last Updated by Company:* 09/28/2016